CHARACTER MAP v2.1

CHARACTER NAME _____

ORIGIN OF URGE

When did the character learn to behave in this way? How did it help them?

Note: this is not necessary to know.

CORE URGE

A compulsion.

"*In order to survive / get my needs met, I must...*"

Note: this is a general solution to a specific problem.

▲ SUBCONSCIOUS

▼ CONSCIOUS

STATED BELIEF (LIE)

Unhealthy people usually aren't conscious of the fact that their urges are coping mechanisms, so they create a narrative to justify the core urge.

THE CORE URGE AFFECTS ALL AREAS OF THEIR LIFE

GOALS	RELATIONSHIPS	LIFESTYLE	PRESENTATION	DIALOGUE

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